

## Claims

1. A method for protecting a military or paramilitary firefighter or emergency worker, wherein the method comprises providing the military or paramilitary firefighter or emergency worker with a protective garment, which is reversible, which has a shell of high visibility and a shell of low visibility, and which is wearable with either shell facing outwardly, and wherein the shell of high visibility has portions that are reflective, fluorescent, or both, which portions face outwardly when the protective garment is worn so that the shell of high visibility faces outwardly,

10 whereby if a tactical situation, in which a need for low visibility overrides a need for high visibility, develops or is expected to develop, the military or paramilitary firefighter or emergency worker wearing the protective garment with the shell of high visibility facing outwardly may have an opportunity to doff the protective garment, to reverse the protective garment, and to re-don the protective 15 garment with the shell of low visibility facing outwardly.

2. The method of claim 1 wherein those portions are provided by reflective trim affixed to the shell of high visibility.

3. The method of claim 1 wherein, when facing outwardly, the shell of low visibility appears dark in ambient light.

20 4. The method of claim 1 wherein, when facing outwardly, the shell of low visibility appears black in ambient light.

5. The method of claim 1 wherein, when facing outwardly, the shell of low visibility displays camouflage.

25 6. The method of claim 1, 2, 3, 4, or 5 wherein, except that the shell of low visibility does not have reflective trim or any reflective or fluorescent portions, the

shells conform to National Fire Protection Association (NFPA) standards for outer shells of protective garments for firefighters.

7. The method of claim 6 wherein the shells are similar in basis weights.

8. The method of claim 6 wherein the shells are equal in basis weights.

5        9. A method for protecting a military or paramilitary firefighter or emergency worker, wherein the method is practiced by the military or paramilitary firefighter or emergency worker and comprises wearing a protective garment, which is reversible, which has a shell of high visibility and a shell of low visibility, and which is wearable with either shell facing outwardly, and wherein  
10 the shell of high visibility has portions that are reflective, fluorescent, or both, which portions face outwardly when the protective garment is worn so that the shell of high visibility faces outwardly,

whereby if a tactical situation, in which a need for low visibility overrides a need for high visibility, develops or is expected to develop, the military or paramilitary firefighter or emergency worker wearing the protective garment with the shell of high visibility facing outwardly may have an opportunity to doff the protective garment, to reverse the protective garment, and to re-don the protective garment with the shell of low visibility facing outwardly.

15        10. The method of claim 9 wherein those portions are provided by

reflective trim affixed to the shell of high visibility.

20        11. The method of claim 9 wherein, when facing outwardly, the shell of low visibility appears dark in ambient light.

12. The method of claim 9 wherein, when facing outwardly, the shell of low visibility appears black in ambient light.

25        13. The method of claim 9 wherein, when facing outwardly, the shell of low visibility displays camouflage.

14. The method of claim 9, 10, 11, 12, or 13 wherein, except that the shell of low visibility does not have reflective trim or any reflective or fluorescent portions, the shells conform to National Fire Protection Association (NFPA) standards for outer shells of protective garments for firefighters.
- 5      15. The method of claim 14 wherein the shells are similar in basis weights.
16. The method of claim 14 wherein the shells are equal in basis weights.